

The Future of Family Caregiving



Family Caregiving Affects Everyone

A Public
Health Issue



Today's Family Caregivers

- 34.2 million Americans have provided unpaid care to an adult age 50 or older in past 12 months ¹
- 60% are female
- Average age is 49 years
- Average length of caregiving is 4 years
- On average, 24.4 hours per week are spent providing care
- 40% of caregivers report high “burden”
- Half of caregivers say they had no choice in providing care
- 6 out of 10 are employed – over half work full time

¹ Caregiving in the US – June, 2015 http://www.caregiving.org/wp-content/uploads/2015/05/2015_CaregivingintheUS_Final-Report-June-4_WEB.pdf

Challenges Ahead



Direct Care Workforce Shortage

- Wisconsin is in a crisis-level shortage of direct-care workers ²
- 85% of Wisconsinites cannot find enough workers
- Results in people living in unsafe situations
- Family caregivers must fill the void
- Shortage impacts paid and informal caregivers' health and safety
- People who otherwise could live at home consider moving to more expensive skilled care facilities
- Strain on personal finances, which may lead to financial hardships for caregivers and Medicaid enrollment for those in need of care

Balancing Home and Work Responsibilities

- 60% of caregivers are employed while caregiving
- 3 out of 5 caregivers report adjusting their work lives ¹
 - Cut back working hours
 - Take leave of absence
- 39% leave their job to provide care
- Lost wages, health insurance, retirement savings
- Only half say their employers offer flexible hours or paid sick days
- 34% leave because their job doesn't offer flexible hours
- Stress from warnings about performance or attendance

¹Caregiving in the US – June, 2015 http://www.caregiving.org/wp-content/uploads/2015/05/2015_CaregivingintheUS_Final-Report-June-4_WEB.pdf

Implications of Caregiver Stress

Physical health of caregivers declines ¹

- Fewer than half of caregivers report *excellent* or *good* health
- The toll on personal health increases over time

Emotional strain is higher

- 4 in 10 report highly stressful caregiving situations
- Dementia caregivers are at higher risk for developing dementia and other health conditions
- Increased financial strain due to caregiving expenses and changes in employment status and income

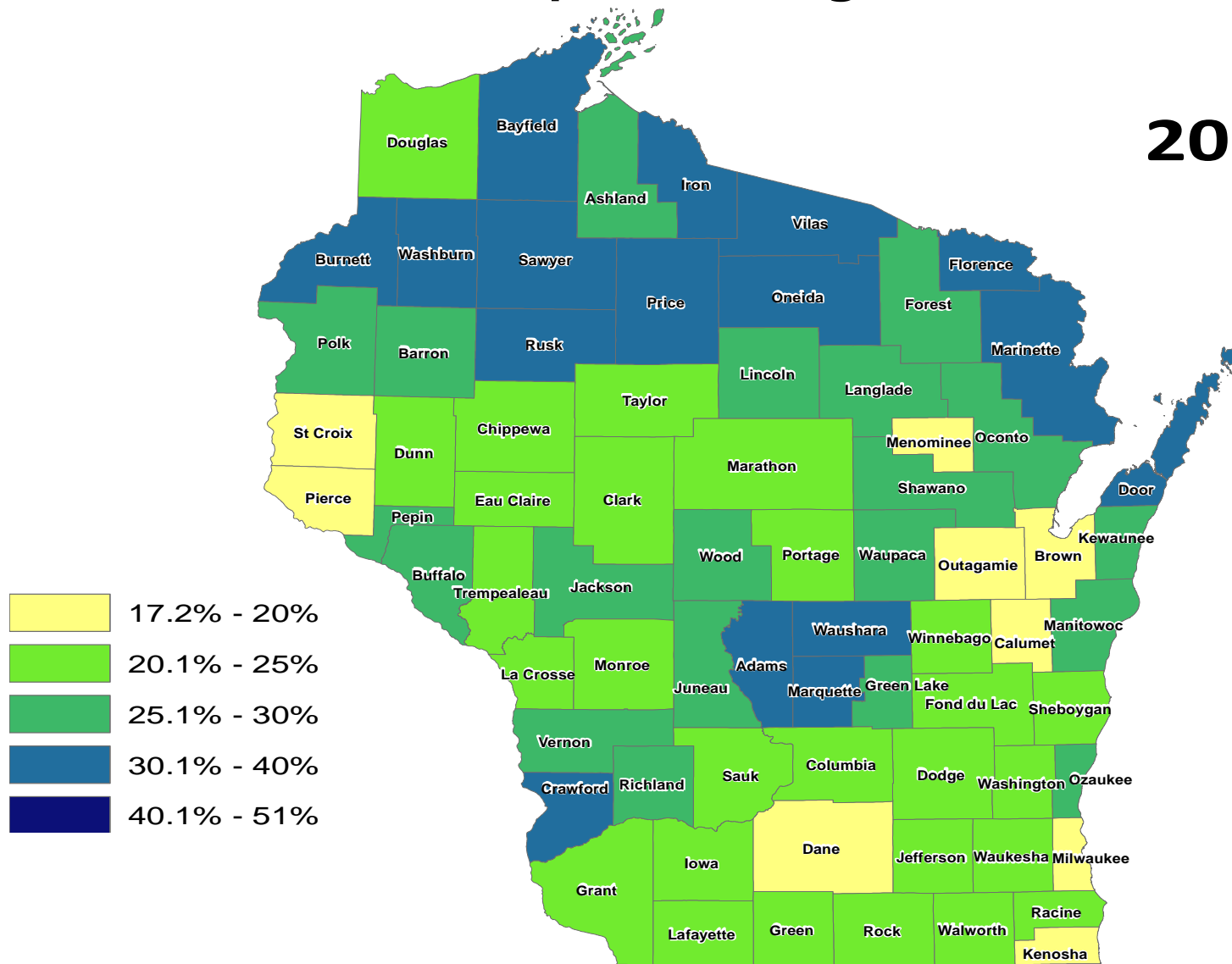
¹ Caregiving in the US – June, 2015 http://www.caregiving.org/wp-content/uploads/2015/05/2015_CaregivingintheUS_Final-Report-June-4_WEB.pdf



Wisconsin's Population 2015 - 2040

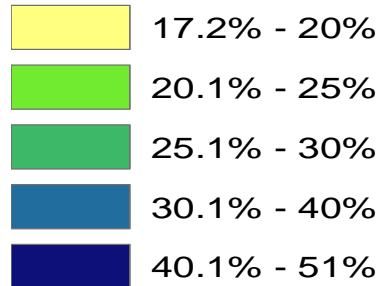
Percent of Population Ages 60 and Older

2015



Source: Wisconsin Department of Administration, Demographic Services Center, Vintage 2013 Population Projections

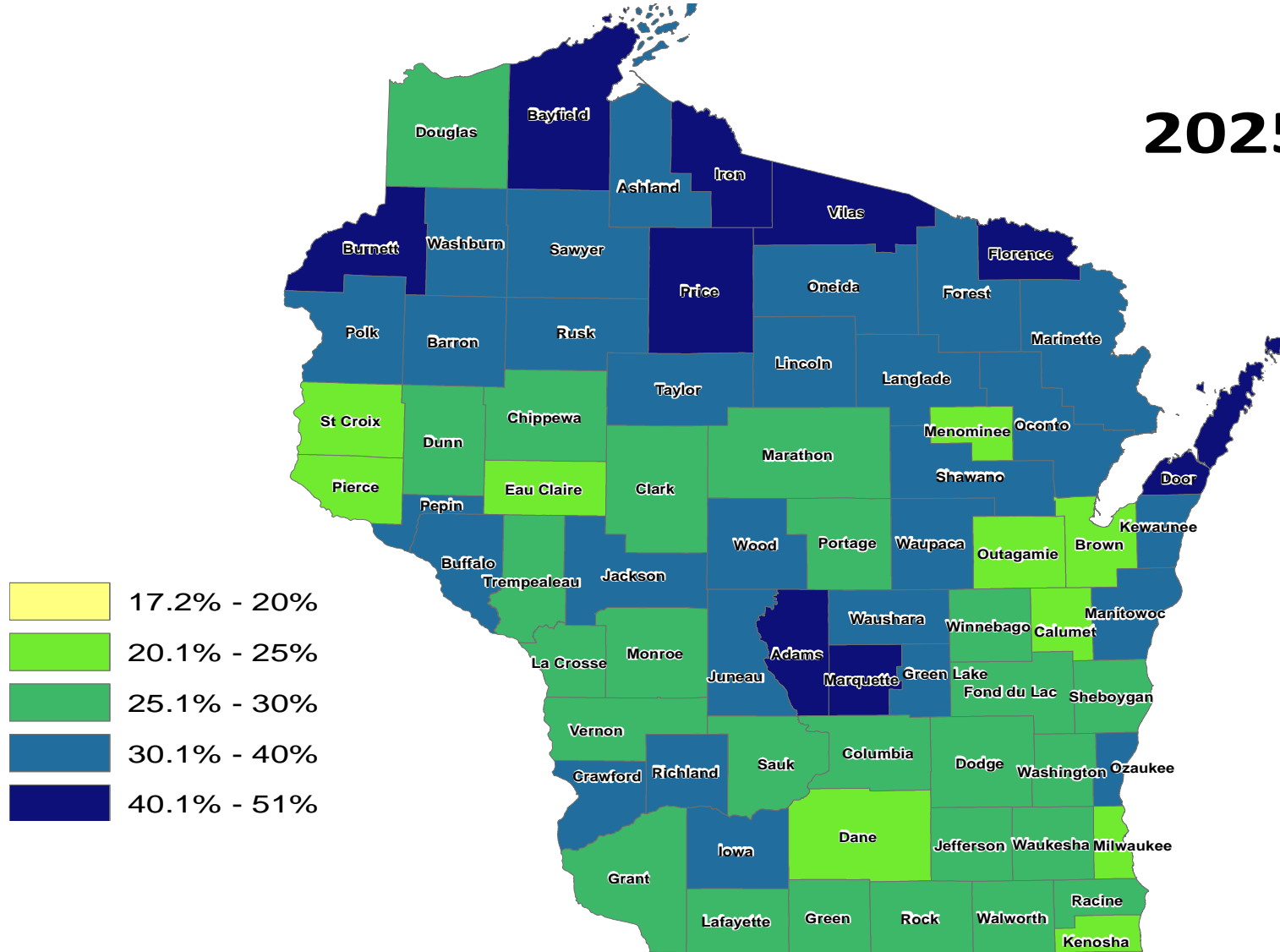
2020



Source: Wisconsin Department of Administration, Demographic Services Center, Vintage 2013 Population Projections

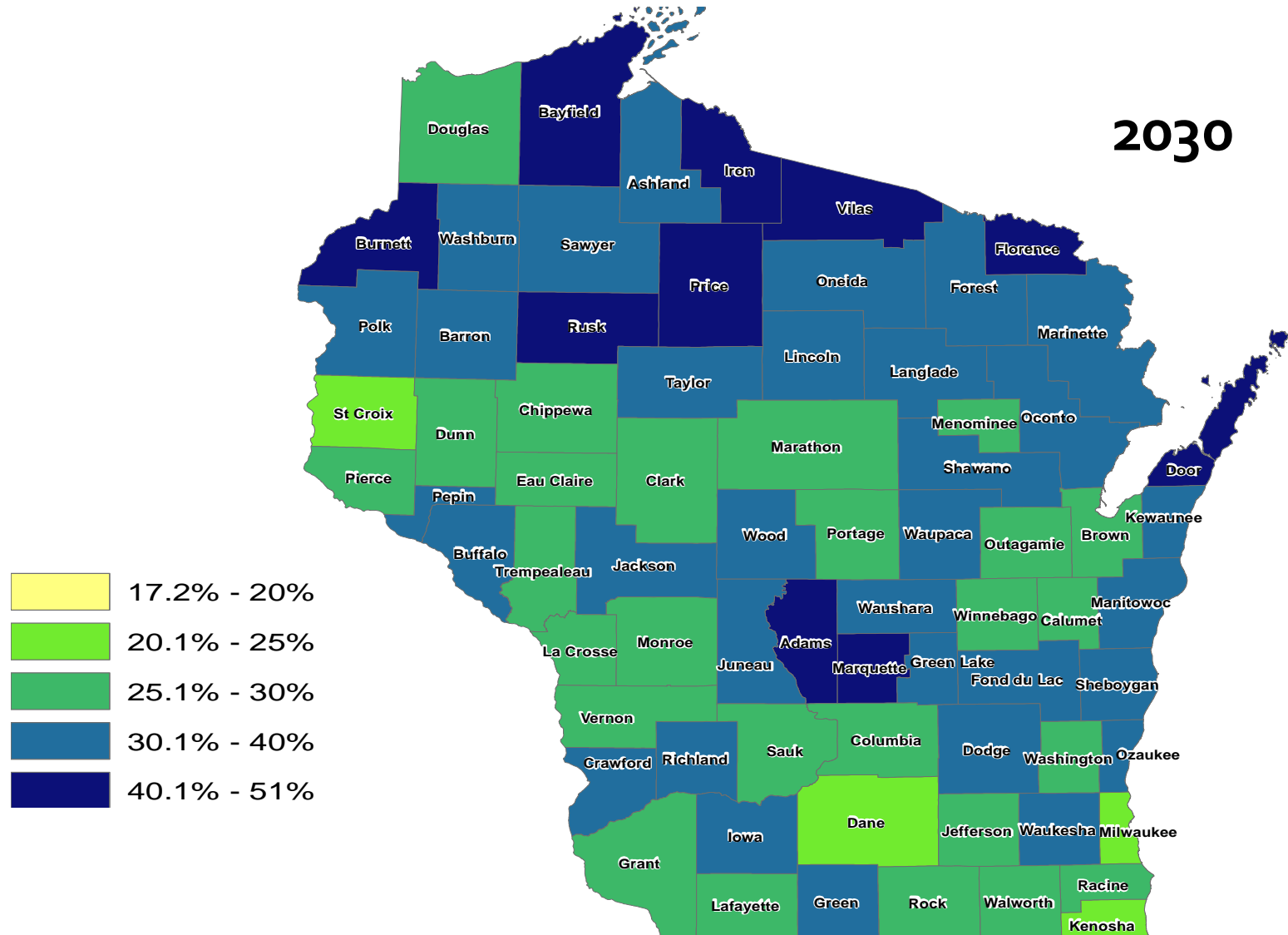
Percent of Population Ages 60 and Older

2025



Source: Wisconsin Department of Administration, Demographic Services Center, Vintage 2013 Population Projections

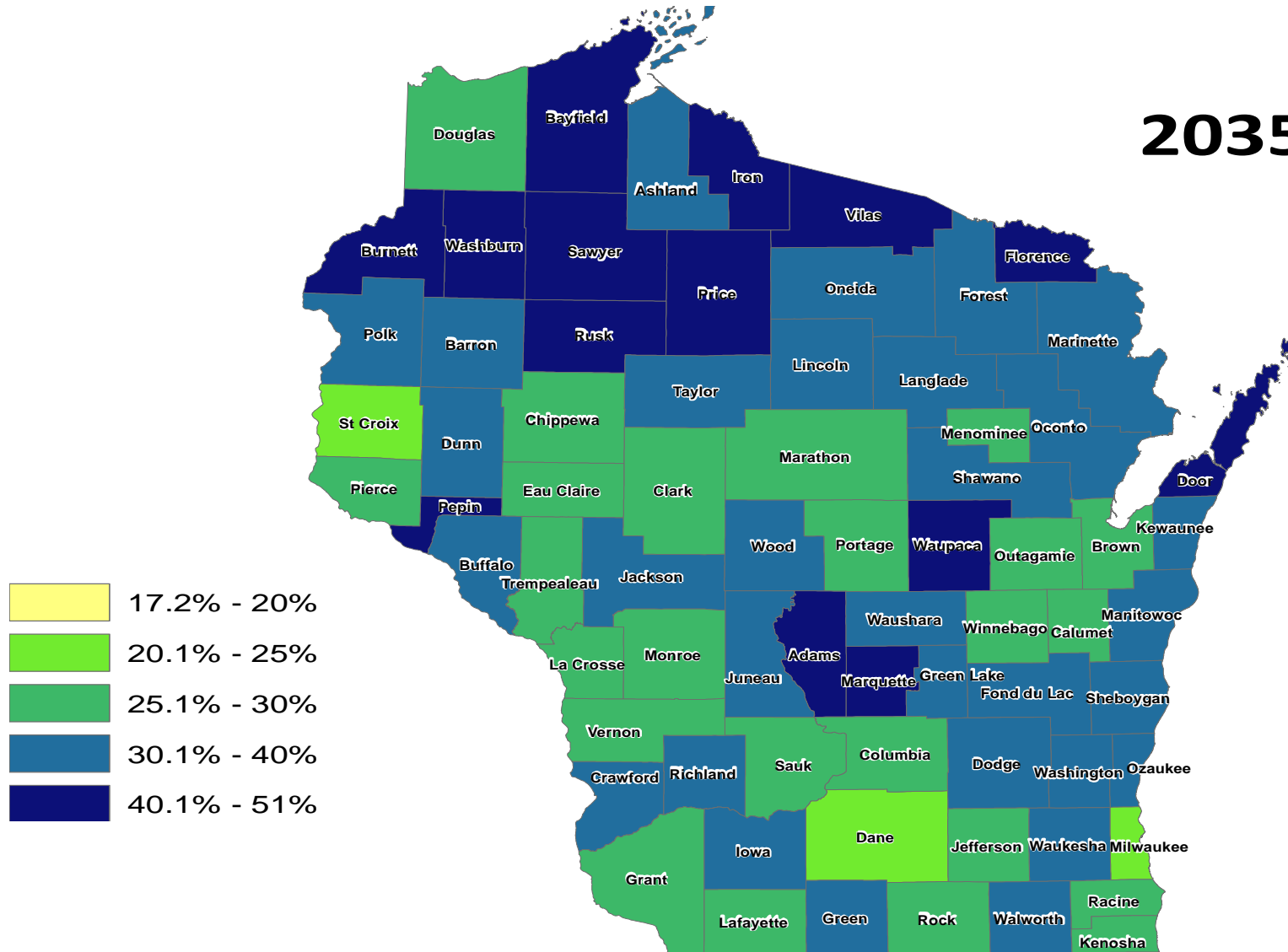
Percent of Population Ages 60 and Older



Source: Wisconsin Department of Administration, Demographic Services Center, Vintage 2013 Population Projections

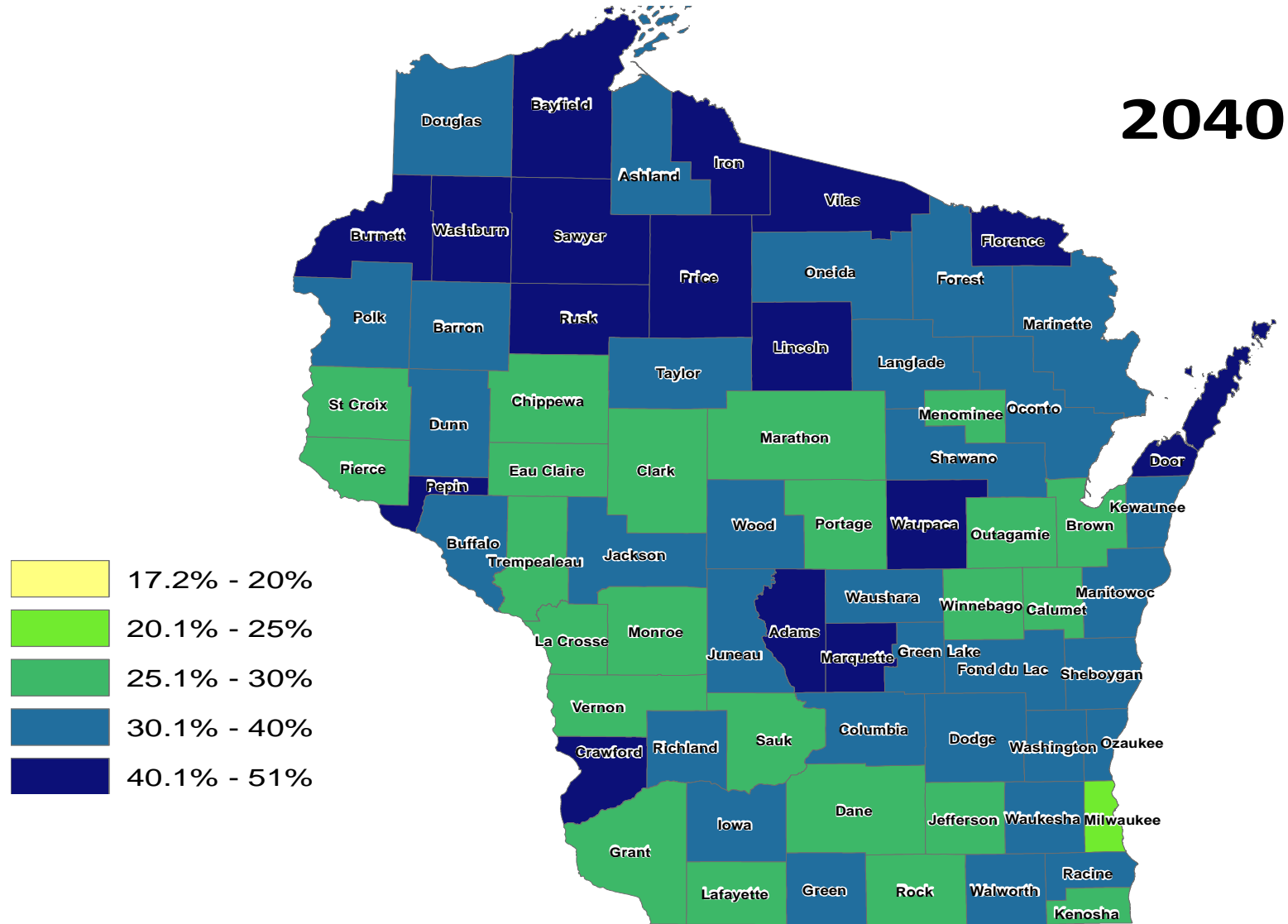
Percent of Population Ages 60 and Older

2035



Source: Wisconsin Department of Administration, Demographic Services Center, Vintage 2013 Population Projections

Percent of Population Ages 60 and Older



Source: Wisconsin Department of Administration, Demographic Services Center, Vintage 2013 Population Projections

Efforts Underway

1. Grassroots/Advocacy Group Efforts
2. Wisconsin Family Caregiver Support Programs
3. Statewide Family Support Coalition
4. Wisconsin Women's Council
Priority 2017-2019



DRAFT

Wisconsin Family Caregiver Strategy

DHS Themes

- Establish a statewide coalition to develop a Wisconsin Family Caregiver Strategy.
- Promote family caregiving as an emerging public health issue that will affect nearly all individuals, families and employers in the next ten years.
- Enhance community-based programming and services available to caregivers.
- Expand culturally appropriate caregiver programming for African-American, Hispanic, Hmong and Native American caregivers.
- Expand respite options available, especially for short-term overnight respite in nursing homes and assisted living facilities.
- Encourage business associations and employers to be partners in preparing working-age residents for family caregiving.
- Reduce stigma related to accepting help by promoting the benefits of accepting caregiver supports.
- Save Wisconsin residents money by enabling families, friends and neighbors to provide safe in-home care for longer periods of time.

Promote Caregiving as a Public Health Priority

Caring for a grandchild?

It's one of your greatest joys.
But it can also be one of your biggest stressors.



The physical and financial demands of caring for a grandchild can be challenging — especially if you've become the main caregiver.

There's help for you!

Reduce Stigma

Working Caregivers

Need a break?

Yes, you do.

Caring for someone can be a 24/7 job. Taking time for yourself is so important.

Let us help by providing a reliable, caring person to fill in for awhile at no cost to you.

Wisconsin's
FamilyCaregiver
Support Programs

Caring for a Spouse

Caring it's not the hard part of caregiving

**Caring for someone and feel exhausted?
Overwhelmed?
Like you can't keep it up much longer?
Call us. We can help.**

Wisconsin's
FamilyCaregiver
Support Programs

Create a Statewide Identity

Long Distance Caregivers



Caring ... from far away

Uncertainty. Worry. Frustration. Guilt.

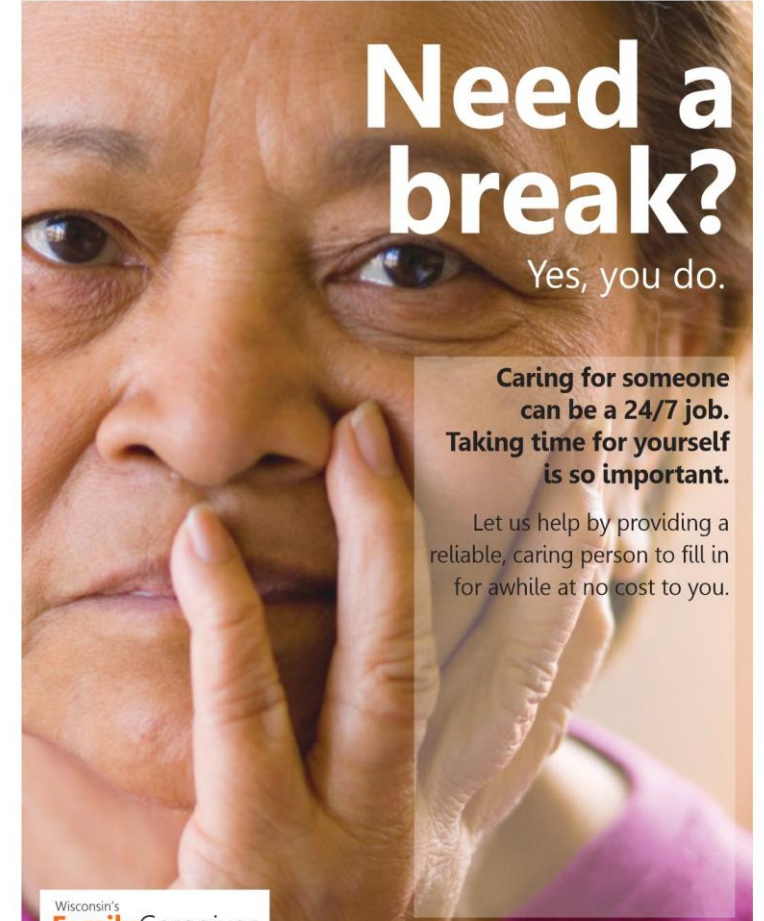
When someone you love needs care but doesn't live near you, finding help can be time-consuming, stressful and overwhelming.

Good news! Help is right at your fingertips.



Wisconsin's
FamilyCaregiver
Support Programs

Reach All Audiences



Need a break?

Yes, you do.

**Caring for someone
can be a 24/7 job.
Taking time for yourself
is so important.**

Let us help by providing a
reliable, caring person to fill in
for awhile at no cost to you.

Wisconsin's
FamilyCaregiver
Support Programs

New Statewide Family Support Coalition

Goals Identified

1. Create Statewide Coalition
2. Expand Availability of Respite
3. Improve Supports for Families of Color
4. Improve Employer Environment
5. Improve Access to Resources, Information
6. Improve Coordination, Assistance with Navigating the System
7. Promote Future/Advance Planning
8. Build Emotional/Personal Peer Support

Educate and Gather Input



Public Forums



Beloit Senior Center, July 2017

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